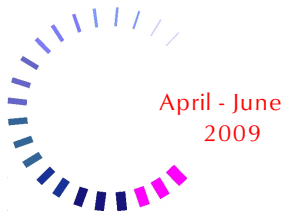


# FOSTER CARE JOURNAL



Foster Care Journal, 2009  
© American Foster Care Resources, Inc., Jacob R. Sprouse, Jr., Publisher  
P.O. Box 271, King George, Virginia 22485  
Published Quarterly; AFCR, Inc., A non-profit, 501(c)(3) organization.  
FIEN 54-1220248  
<http://www.afcr.com>  
[afcr@afcr.com](mailto:afcr@afcr.com)

A few suggestions about the mighty **TV**:

1. Set an example: Don't leave the TV on all the time, even when you're eating or engaged in other activities. Select specific programs for information or entertainment, and don't watch "adult" programs when children are present.
2. Don't use TV as a baby-sitter: Keep interesting items handy as an alternative to TV, such as jigsaw puzzles, board games, crayons, pencils, paper, books, and magazines.
3. Reject all other violent "media": Make it a family rule that violence has no place in your home, whether on videotapes, video games, radio programs, music lyrics, or reading materials.
4. Schedule daily activities: Teach your child to plan a daily after-school schedule in which TV fills only a small block of time-or perhaps none!
5. Plan a weekly TV schedule: Sit down each week with your child and choose suitable children's and family programs from the weekly TV listings.
6. Use TV to teach: Children interpret what they see differently than adults. They may not be able to distinguish



- fiction from fact, and something you think is funny may terrify a child. Therefore, it's a good idea to watch programs with your child and explain the difference between news and entertainment, reality and make-believe, education and exploitation. Discuss programs with your children and compare your family values with those shown on TV.
7. Keep an eye on the tube: Locate the family TV in a central location where you can monitor who is watching what. Children should not have TV sets in their bedrooms, although radios may be permitted and books are encouraged. Watch and evaluate new programs—even cartoons—before you let your child tune in.
  8. Encourage other activities: The average American child watches TV for almost as much time as is spent in school! You can reduce TV time by requiring or promoting other at-home activities, such as exercise, hobbies, crafts, reading, playing games, tending pets, helping with household tasks, doing homework, keeping a journal, and writing letters.
  9. Look for good TV: There are many fine



programs on television that you can watch with your children including concerts, plays, sports events, nature and wildlife shows, animated films, and movies suitable for children.

10. Join forces to oppose TV violence: Cooperate with teachers and other parents in efforts to reduce TV violence by writing or calling local and network television officials, government regulatory agencies, and Congressional leaders. Let them know that you are concerned about TV violence and advocate the development of quality programs for children.

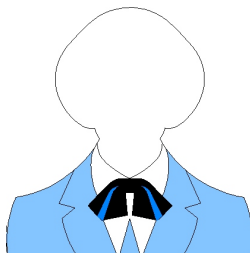
(NAESP)

## Lighten 'UP

The internet offers unlimited opportunity to goof-off ... here are a few chuckles shared by some e-mailers ... some with a tad-bent sense of humor:

- ☺ A three-year-old went with his dad to see a litter of kittens. On returning home, he breathlessly informed his mother that there were two boy kittens and two girl kittens. "How did you know?" his mother asked. "Daddy picked them up and looked underneath," he replied. "I think it's printed on the bottom."

- ☺ The children had all been photographed, and the teacher was trying to persuade them each to buy a copy of the group picture. "Just think how nice it will be to look at it when you are all grown up and say,



'There's Jennifer; she's a lawyer,' or 'That's Michael. He's a doctor.'" A small voice at the back of the room rang out, "And there's the teacher. She's dead."

- ☺ A teacher was giving a lesson on the circulation of the blood. Trying to make the matter clearer, he said, "Now, boys, if I stood on my head, the blood, as you know, would run into it, and I would turn red in the face."

"Yes, sir," the boys said. "Then why is it that while I am standing upright in the ordinary position, the blood doesn't run into my feet?" A little fellow shouted, "Cause yer feet ain't empty."



- ☺ On the first day of school, the Kindergarten teacher said, "If anyone has to go to the bathroom, hold up two fingers." A little voice from the back of the room asked, "How will that help?"

And you wonder why the inbox remains full?

